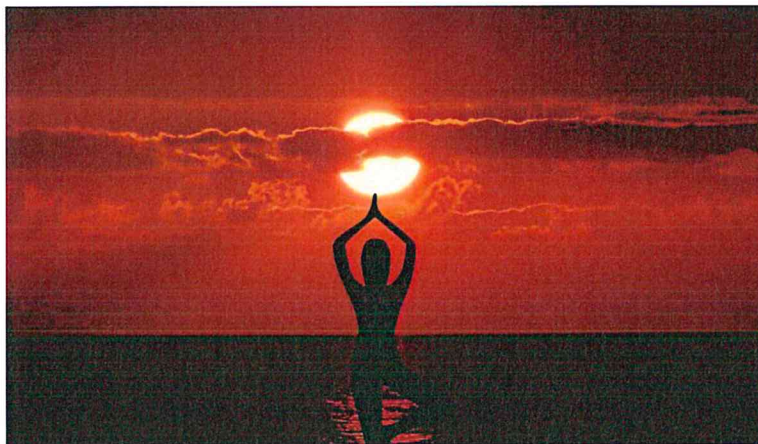




Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation

Singing Bowl Meditation Classes



These classes are available to the Linden community for anyone that is 13 years and older. Singing bowl meditation is designed to relax the mind, body, and soul. The bowls produce various sounds and vibrations when hit or circled with a mallet.

Site: Memorial Park (underneath the awning)

Location: 2600 S. Wood Avenue in Linden, NJ

Dates: Wednesday's- June 2, 9, 16, & 23rd, 2021 (4 classes)

Facilitator: Renee Roman

Time: 6:00pm-7:00pm

Fee: \$25.00

******* Please bring a bottle of water and a yoga mat*******

View full class descriptions and register online at

<https://register.communitypass.net/linden>

All first-time registrants are required to call 908-474-8600 or 908-474-8627 Monday-Friday 9:00am-4:00pm to set up an account

Another quality program offered by the **Department of Parks & Recreation**
For more information, please call (908) 474-8600